WHAT IS CLAIMED IS:

1. A method for managing a diet for an individual, said method comprising:

providing a plurality of exchange tokens, each token representing a dietary exchange according to the diet;

5   providing a first location for placing a total daily allotment of exchange tokens according to the diet; and

providing a second location to which the exchange tokens are transferred during a day as food is consumed to keep track of food exchanges consumed during the day.

2. A method for managing a diet in accordance with Claim 1, said method

10   further comprising:

providing a listing of the daily allotment of food exchanges according to the diet;

instructing the individual to select a group of exchange tokens from the plurality of exchange tokens, wherein the group of exchange tokens corresponds to the daily allotment of food exchanges;

15   instructing the individual to place the group of exchange tokens representing the daily allotment in the first location; and

instructing the individual to transfer exchange tokens representing each food consumed from the first location to the second location as the food is consumed during the day.

20   3. A method for managing a diet in accordance with Claim 2 wherein instructing the user to transfer individual exchange tokens from the first location to the second location as food is consumed during a day comprises providing the user with a list of foods and their corresponding exchanges according to the diet.

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4.   A method for managing a diet in accordance with Claim 1 wherein providing a plurality of exchange tokens comprises providing a plurality of different groups of exchange tokens, each of the groups representing a different food exchange according to the diet.

5   5.   A method for managing a diet in accordance with Claim 1 wherein providing a plurality of exchange tokens comprises providing a plurality of Exchange Cards.

6.   A method for managing a diet in accordance with Claim 5 wherein providing a plurality of Exchange Cards comprises providing a plurality of different

10   groups of Exchange Cards, each of the groups representing a different food exchange according to the diet.

7.   A method for managing a diet in accordance with Claim 6 wherein providing a plurality of different groups of Exchange Cards comprises providing a group of FRUIT Exchange Cards, a group of MILK Exchange Cards, a group of STARCH

15   Exchange Cards, a group of VEGETABLE Exchange Cards, a group of FAT Exchange Cards, and a group of MEAT & SUBSTITUTES Exchange Cards.

8.   A method for managing a diet in accordance with Claim 7 wherein providing a first location for placing a total daily allotment of exchange tokens according to the diet and providing a second location to which the exchange tokens are transferred

20   during a day as food is consumed to keep track of food exchanges consumed during the day, comprises providing for the first location a first pocket configured to receive the Exchange Cards and for the second location a second pocket configured to receive the Exchange Cards. .

9. A method for managing a diet in accordance with Claim 8 wherein providing the first pocket and the second pocket comprises providing the pockets coupled to a binder to form a booklet.

10. A method for managing a diet in accordance with Claim 9 comprising providing the booklet in a size adapted to fit into a jacket pocket.

11. A method for managing a diet in accordance with Claim 9 comprising providing the booklet in a size adapted to fit into a shirt pocket.

12. Apparatus for managing a diet, said apparatus comprising:

a first plurality of exchange tokens, each said token configured to represent a dietary exchange according to the diet,

a first location configured to receive a second plurality of exchange tokens representing a total daily allotment of dietary exchanges according to the diet; and

a second location configured to receive the second plurality of exchange tokens.

13. Apparatus in accordance with Claim 12 wherein said first plurality of exchange tokens comprises a plurality of different groups of exchange tokens, each of said different groups representing a different food group according to the diet.

14. Apparatus in accordance with Claim 12 wherein said first plurality of exchange tokens comprises a plurality of Exchange Cards.

15. Apparatus in accordance with Claim 14 wherein said first plurality of Exchange Cards comprises a plurality of different groups of Exchange Cards, each of said different groups of Exchange Card groups representing a different food group according to the diet.

16.   Apparatus in accordance with Claim 15 wherein said Exchange Cards are color-coded according to the food group.

17.   Apparatus in accordance with Claim 16 wherein said first location is a first pocket configured to receive a plurality of Exchange Cards representing the total daily allotment of dietary exchanges according to the diet, and said second location is a second pocket configured to receive the plurality of Exchange Cards.

18.   Apparatus in accordance with Claim 17 wherein said first pocket and said second pocket coupled to a binder to form a booklet.

19.   Apparatus in accordance with Claim 18 wherein said booklet further comprises a plurality of pages coupled to the binder.

20.   A method of using the apparatus of Claim 16 comprising:

identifying a number and type of Exchange Cards representing a daily allotment of dietary exchanges according to a diet;

selecting the identified Exchange Cards;

placing the Exchange Cards in the first pocket;

upon consuming food, removing a number and type of Exchange Cards corresponding the food from the first pocket; and

transferring the Exchange Cards removed from the first pocket to the second pocket.